



Looking for even more walking opportunities?
Come take A Walk in the Park!

and join our 6 week Walk With Ease program at
County of Hawaii Parks and Recreation

Benefits include:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active Improve overall health



Walk With Ease |  **Arthritis Foundation**

Visit www.walkwithadoc.org/walkwithease for more information or contact
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